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## My Homemade Sausage Patties

### Ingredients:

- 2 - 3 lb meat (see hints below)
- ½ cup rolled oats, uncooked
- ¼ cup water
- 2 tsp salt
- ½ tsp each: sage, pepper, thyme, savory

### Instructions:

1. Mix all ingredients together WELL! Literally knead the meat to distribute the spices.
2. Cover airtight and refrigerate for about 6 hours (OR use right away - I usually do 'cause I can't wait!).
3. Divide into 12 sections and form into patties.
4. Pan fry over medium heat, about 5 minutes per side, until cooked. If your patties are fairly thick, you need to cook them longer - covering them for some of the time will make them cook quicker.

### Hints:

- Other spices to try are: marjoram, cayenne pepper, nutmeg, allspice. Experiment and have fun! This is how you can change these into different German Sausage Recipes - only available at your house!
- To pre-taste the meat before frying, make a small ½" - 1" "meatball" and cook on "HI" in the microwave for about ½ to 1 minutes, until done. Although the texture will be tough, you will be able to check the seasonings and if you need to alter any.
- For the rolled oats, you can use either quick or old-fashioned (which are healthier). You can also increase the amount to 1 cup, but then increase the water to ½ cup.
- I usually use a mixture of equal parts of beef, pork, and veal. Try using just pork, or beef and pork. If you like them hot, just add more red pepper flakes - or omit them altogether. You've really created a variety of German sausages and can make them kid friendly dinner recipes by satisfying their tastes (and the oats makes it extra healthy.)

<http://www.quick-german-recipes.com/german-sausage-recipes.html>